

# Anaconda Times

*Proudly Serving LSA Anaconda*

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April 19, 2004

## 81st BCT rolls into LSA Anaconda

Story by Spc. Kathryn Spurrell  
81st BCT Public Affairs

The final leg of the 81<sup>st</sup> Brigade Combat Team's journey went smoothly, with nothing worse than a few maintenance challenges.

Prior to their departure, the brigade conducted extensive convoy operations training at Fort Lewis, the National Training Center, and Camp New York, Kuwait.

Soldiers in Kuwait underwent live fire exercises that allowed them the opportunity to engage known threat targets from a moving vehicle.

Training also emphasized the establishment of a secure zone after responding to hypothetical attacks or breakdowns.

As a result of their detailed preparations, the convoy left Kuwait well-trained and ready for anything they might encounter along the way.

The Military Police (MP) Platoon joined forces with other MPs to pave the way for the rest of the brigade. They controlled traffic at intersections, scanned for Improvised Explosive De-

vices (IEDs), and provided security at checkpoints.

"I think our leadership did a great job getting us ready. Everything was prepared to go smoothly," said Spc. Amy Wapnowski, a member of the MP platoon.

The Soldiers' hard work and extensive preparation ensured the safety of all the troops during the convoy.

"Training turns the natural apprehension Soldiers have into strength and confidence once the mission begins. The glow in our Soldiers' eyes is not fear—it tells our adversaries, 'Don't screw with us!'" said Brigadier General Oscar Hilman, 81<sup>st</sup> BCT Brigade Commander.

Various elements of the 81<sup>st</sup> BCT were divided into multiple serials that comprised the three-day journey.

The first leg of the journey began at noon and lasted only a few hours. Soldiers moved to a location near the Kuwait-Iraq border where they were able to relax and brace themselves for the move into Iraq.

The highlight of the first night was the food stands provided inside the camp.

Hungry Soldiers spent their evening waiting in the snacking lines for their pizzas and double tall mochas.

Day Two began shortly after midnight, as sleepy soldiers packed up their cots and departed on the next stretch of the trip.

Once the sun rose, however, soldiers were treated to a large and varied expanse of countryside, a welcome change from the seemingly endless stretches of sand they had encountered in Kuwait.

As the convoy moved north, the Iraqi population gave the

81<sup>st</sup> BCT soldiers a warm reception.

Along the dusty, unimproved roads in the south, people clad in the traditional flowing robes turned away from their herds of sheep and camel to wave as the serials passed.

Children gestured requests for water and food and shouted greetings to the soldiers.

Later during the day, the convoy was forced to halt. Soldiers were tense as they assumed guard positions, gripping their weapons as they scrutinized their surroundings for any type of suspicious person or activity.

"There was a lot of adrenaline going on," said Spc. Charles Booth, a soldier from the command section.

Hilman praised the troops' poise in assuming a strong defensive posture.

"Our Soldiers showed confidence and aggression during the halt. They followed the combat battle drills and effectively covered their fields of fire," Hilman said.

The Soldiers began to relax a bit as the forced stop became more prolonged. Iraqi children, curious about the American Soldiers, began to swarm cautiously around the convoy. Initially, Soldiers were nervous about the children's presence and wanted to keep them away from the vehicles.

Soon, however, the children gathered around the dismounted soldiers, chattering in Arabic and broken English.

Some of them simply wanted to talk, but others attempted to sell DVDs, old Iraqi currency, and various other items to the troops. Many of the soldiers had the opportunity to try out their rudimentary Arabic phrases and have their pictures taken with the Iraqi children.

As the other units make their exit, the 81<sup>st</sup> BCT assumes its new position in its

*Convoy, Continued on Page 3*



Photo by Maj. Stephen Richey

**Sgt. 1st Class Jason Woodcock from the 81st Brigade Combat Team looks intense as he pulls security along the roadway while the convoy is at a temporary stop.**

# NEWS

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## BEATING THE HEAT

Story by Spc. Blanka Stratford  
13th COSCOM Public Affairs

As the sweltering heat of summer rapidly approaches, service members deployed to the Middle East should be aware of an imminent but preventable issue: heat injuries.

"There are three basic categories of heat injuries: heat cramps, heat exhaustion, and heat stroke," said Spc. Michael Levasseur, combat medic for the 118th Medical Battalion, a National Guard unit based out of Bedford, Conn. "Heat cramps are the least severe. They involve the cramping of skeletal muscles due to dehydration or heavy activity without rest, proper nutrition or hydration. This will often be mistaken for a Charlie horse or a regular muscle cramp."

What differentiates heat cramps from muscle cramps is exposure to heat, said Levasseur.

"Heat exhaustion is more severe," he said. "Symptoms include dizziness, extreme sweating, pale skin, fast heart rate and decreased blood pressure. The physiology behind this is that the body is attempting to compensate for the fact that it doesn't have enough fluids circulating by making the heart beat faster."

Levasseur, who works as a paramedic in East Hartford, Conn., said that heat exhaustion is usually caused by prolonged dehydration (over the course of one day) and exposure to extreme heat conditions (temperatures above 90 degrees). When an individual experiences heat exhaustion, he or she should be placed in a cool, shady area to rest, with legs elevated. If conscious, the

individual should drink cool water slowly.

"The Army's protocol for hydration is one quart per hour," said Levasseur. "In the desert, we generally try to advocate four to five liters a day."

The third and most dangerous of the

According to Levasseur, the symptoms of heat stroke include mental changes, psychotic behavior and confusion, disorientation or coma, throbbing headache, nausea and flushed dry skin. The casualty should be immediately moved to a shaded area and cooled with ice packs, cool water, or whatever is readily available. Treatment is urgent, and prompt transport to medical care is vital to the person's life.

"Heat stroke may lead to permanent brain damage or death," he said. "Once someone reaches this category, he or she will have to undergo extensive treatment, to include long-term hospitalization, CAT scans, and even organ analysis."

To prevent these injuries, Levasseur advises that service members drink enough water to keep their urine at a clear to light yellow color.

Concurrently, Soldiers should also remember that there is such a thing as drinking too much water.

Proper nutrition with a balanced diet is also highly recommended.

"What we've noticed at LSA Anaconda is that Soldiers are not paying attention to their hydration," said Levasseur.

"Currently, the temperature's only gone up to the 90s. As far as heat goes, we've still got another 50 degrees that it's going to increase. If this trend of not properly hydrating continues, we're going to have a lot of serious injuries."

Levasseur said that commanders will need to enforce the issue of proper hydration over the next several months.

ARMY HEAT INJURY PREVENTION PROGRAM

### Heat Can KILL!

**Prevention Works**

**Drink:**

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.

**Eat:**

- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.
- Do not follow low calorie diets while training in a hot environment.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.

Army Values: Loyalty, Duty, Respect, Selfless-Services, Honor, Integrity, & Personal Courage.

heat-related illnesses is heat stroke.

"This condition can be fatal," said Levasseur. "At this state, body begins to lose its ability to regulate its own temperature. The core temperature of the body reaches between 104 and 106 degrees."

# NEWS

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## To Qatar and back: An R&R story

Story by Spc. James Truitt  
13th COSCOM Public Affairs

Spc. James Truitt recently took advantage of the FMPP. These thoughts are his own and do not reflect the views of the command or the Army.

**M**y adventure to Qatar began April 9, and was over much sooner than it began; in most cases evidence of a good vacation.

Given the opportunity to do it again I'd have to seriously consider not trading in the pass, for four days of sleep back at my hooch.

I got to the PAX terminal at 7:00 AM, to manifest for a flight that didn't manifest until almost noon, only to fly out around 5:00 PM and not land in Qatar till after 8:00, where we turn our watches back one hour, then we don't get bussed to Camp As Sayliyah because our briefers who were supposed to be there didn't get there till almost 9:00, driving the 20 or so miles to camp only to turn around and receive more briefings. Sounds like *garbage* doesn't it? You bet it was.

The only consolation for getting 'the run around' that night came at the bottom of three icy cold beers purchased at the Oasis.

The quiet enjoyment of my nightly three beer limit was marred only by a group of obnoxious youth taking advantage of the club's reduced drinking age (18).

When I was their age I was content in drinking beer and playing pool or cards, not howling at the moon or engaging in tough man competitions where 'My muscles are bigger than yours'. I suppose that's the 'cool' thing now.

Within the three days of freedom allotted at Camp As Sayliyah the possibilities are endless. But for a place that provides you with what seems like a millions and half things to do, I found myself getting the itch for the daily grind. The facilities on post were more than accommodating but by not having so much free time in the last few months I didn't know how to respond to it.

The health spa was great and the chance to eat fast food was

### *Convoy, Continued from Page 1*

area of responsibility. They will conduct a relief in place with outgoing units in support of Operation Iraqi Freedom II.

Just as meticulous planning and preparation helped ensure safety during the convoy, the brigade's training will also contribute to its future security and support operations at its new location.

All of the hard work and hot days both stateside and in Kuwait are paying off—now it is the 81<sup>st</sup> Brigade Combat Team's time to shine.

The 81<sup>st</sup> BCT completed a transfer of authority from the 82<sup>nd</sup> during a ceremony on Sunday afternoon in front of the mayor's cell.



Photo by Spc. James Truitt

### **Inside the Chili's restaurant at Camp As Sayliyah during lunch April 11.**

a delight, bettered only by the sit down Chili's restaurant located on post. At one point as the wind blew through out concessions, I enjoyed a triple espresso while reading a current edition of stars and stripes and listened to the disco music resonating from the speakers mounted on the Green Bean Coffee shop. Even though I hate disco, it was at that moment I realized that of all the places in theater, where I wanted to be was right there.

"It's relaxing... there're no mortars coming, there're no explosion," said Spc. Jeremy Frazier, C Company, 711 Signal, from Camp Pacesetter, to me later that afternoon. "Out here you can just let down your hair and enjoy a bit of freedom."

"You don't have to watch every step you make," Frazier added. "You can actually come out here to have fun."

Truth be told, the only major complaint I have concerning my time spent at Camp As Sayliyah was the ratio from men to woman which seemed like 5,000 to 1.

As all things come to a close, the end of the trip was in sight and thus my return voyage to Camp Anaconda. If I tell you the return delays were worse than the trip over, would you believe me? We wake up at 3:00 AM to leave to the airfield by 4:00... Etcetera... etcetera... etcetera... to finally get on a flight that doesn't take off until 3:00 PM. How about if I told you that 15 minutes *after take off*, we turn back around to pick up an extra passenger?

All in all it's a great place to escape to for a few days of rest and relaxation... but my recommendation is if you're planning on going, make other arrangements for travel... walk if you must...you'll get to Camp As Sayliyah, Qatar, with less hassle and less delay.



# COMMENTARY

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## 874th Soldiers provide Helping Hand to Iraqi Schools

By Maj. Michael Butler  
*874th Movement Regulating Detachment*

**T**he seed for Operation Helping Hands was sown during a less than routine PT run.

The challenge was to run to the top of a local Riz Gari Mountain outside our facility gates.

As we reached for the top, we noticed a contingent of little children following, just not as breathless as we were. The children were unabashedly welcoming and jubilant at our presence.

One curious factor which struck us was the children's lack of proper clothing, particularly shoes, though this did not affect their high level of motivation.

After conferring with Maj. Michael Butler, the 874<sup>TH</sup> Movement Regulating Detachment Commander, 1st Lt. J. Wendy Bernard received the necessary approvals.

On February 19, with the assistance of the 436<sup>TH</sup> Movement Control Battalion and with the able support of the Battalion's Family Readiness liaison, Lorraine Mercier-Robertson, Operation Helping Hands was born.

A five person committee was formed of Bernard, who is the officer in charge, Sgt. Nicholas Rekoutis, Spc. Shondell Moore, Spc. Barry Gleeson and Pfc. Jonathan Icaza.

Our mission objective is to foster a climate of goodwill between the United States and the Iraqi people through local community humanitarian missions.

The distribution portion of Operation Helping Hands was officially launched at 10 a.m. on March 18.

Eleven members of our Movement Control Team group visited the Ronahe Primary School to distribute prepackaged school supplies to 135 children, ages seven to sixteen. The mayor of Riz Gari, Khalid Aziz, accompanied us.

The children as always captivate our hearts and today was no exception.

We visited individual classrooms, grades one through six, age groups aforementioned.

In each classroom, we read names from prepared lists and each student came forward to receive her or his gift.

The supplies included crayons, markers, coloring books, school glue, pens, pencils, erasers, notebooks, pencil-sharpeners, folders, post-



Photo by Maj. Michael Butler

**Pfc. Jonathan Icaza, along with other Soldiers from the 874th Movement Regulating Detachment, hands out prepackaged school supplies to children at the Ronahe Primary School on March 18 as part of Operation Helping Hands.**

it notes, construction paper and candy.

Soldiers of the 874<sup>TH</sup> MRD spent long hours deliberately packaging items so that each classroom group would receive similar items in kind and quantity, to ensure complete happiness among the recipients. Excess items were packaged for the home-room teachers as class room supplies when needed.

The children's expression of gratitude ranged from the shy "thank yous" to outright squeals of delight.

Maj. Butler, Bernard, the principal, and the mayor exchanged statements of gratitude, respect and appreciation and expressed the intent to continue such missions for as long as we were able. The mayor and the principal called this a historic day that would live on in their memories forever, and a day which solidified the love and admiration they already possess for the American soldier and Americans in general.

Most of the Soldiers were emotional and grateful for the opportunity to spread such joy.

This was a successful launch of Operation Helping Hands and we anticipate repeating the same on future missions.

Future plans for this operation include similar donations to other schools in the Riz Gari district, plans to provide assistance to a local clinic and a continuation of the Partnership in Education, which program is designed to foster pen-pal type relationships to promote cultural awareness across Iraqi/American borders.

Currently we are receiving the bulk of our material support through the efforts of the 436<sup>TH</sup> Movement Control Battalion Family Readiness Liaison, Mrs. Lorraine Mercier-Robertson, from Staten Island, New York.

We have also received supplies from the classroom of Mrs. Dille-McCoy of the Visitation School in Tacoma, Washington and anticipate shipments from Fort Campbell through Maj. Bauer, our predecessor at this location.

We also received some donations from the Purple Heart Veterans of America.

# LIFESTYLES

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## QUESTION OF THE WEEK

***What is your dream vacation destination?***



**Spc. Jamie Cruz**  
3625th Maint Co.

*"I'd like to go to Cancun, Mexico, because of the clean water, beautiful people, and good food."*



**Sgt. Edna Taylor**  
1462<sup>nd</sup> TC

*"Home, for my kid's graduation."*



**Pfc. Anthony Maclaren**  
379th AG Postal

*"Maui, Hawaii because they have beautiful beaches over there and I love water sports."*



**Sgt. Fale Tagoai**  
2632<sup>nd</sup> TC

*"Hawaii because it is paradise."*



**Staff Sgt. David Martinez**  
1-107<sup>th</sup> Armor

*"I'd like to spend about twenty days in Cancun, Mexico with my wife and kids."*



**Spc. Tameka Henderson**  
299<sup>th</sup> FSB

*"Oklahoma, because I've been stationed in Germany for four years and I'd like to go back."*



# LIFESTYLES

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## Billboard Top 20 Albums



1. Usher, **Confessions**
2. Janet Jackson, **Damita Jo**
3. Various Artists, **Now 15**
4. Jessica Simpson, **In The Skin**
5. Norah Jones, **Feels Like Home**
6. Evanescence, **Fallen**
7. Kenny Chesney, **When The Sun Goes Down**
8. Lil' Flip, **U Gotta Feel Me**
9. Guns N' Roses, **Greatest Hits**
10. J-Kwon, **Hood Hop**
11. Aerosmith, **Honkin' On Bobo**
12. Josh Groban, **Closer**
13. Outkast, **Speakerboxxx/The Love Below**
14. Kanye West, **The College Dropout**
15. Eric Clapton, **Me And Mr. Johnson**
16. Maroon5, **Songs About Jane**
17. Tamia, **More**
18. Hoobastank, **The Reason**
19. Modest Mouse, **Good News For People Who**

### Love Bad News

20. Hilary Duff, **Metamorphosis**



## MOVIE REVIEWS

By Sgt. Ann Venturato

### Cold Mountain



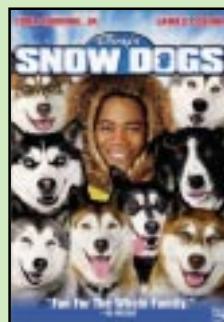
Jude Law, Nicole Kidman and Renae Zellweger make up an all-star cast for a romantic drama set in the civil war. Law plays a soldier in the Southern army and Kidman plays the woman who waits for his return. Blood and gore are the name of the game when it comes to the battle scenes. Viewers are bound to shed a few tears by the end of this movie.

### Matrix Revolutions

If you are looking to see a lot of Keanu Reeves in some kick butt action, you will definitely be sadly disappointed. Nio, Trinity and the rest of the cast return to battle with their very existence on the line. The movie still has some explosive action as well as numerous explosive scenes that border on overkill. Not a bad movie, but as a sequel goes, the first one is still the best.



### Snow Dogs



Cuba Gooding Jr stars in this romantic comedy that will warm your heart on a cold winters day. Gooding stars as a dentist from Florida who finds that he is adopted and that his birth mother lived in a small Alaskan town. On a search for his family history, Gooding's character finds that there is a lot to offer in a small Alaskan town. It's a dog-gone movie that will have you begging to see again.

# SPORTS

## NBA Conference Standings

Eastern Conference		Western Conference	
Atlantic	Streak	Midwest	Streak
<a href="#">Nets</a>	Lost 2	<a href="#">Timberwolves</a>	Won 9
<a href="#">Knicks</a>	Lost 1	<a href="#">Spurs</a>	Won 11
<a href="#">Celtics</a>	Won 1	<a href="#">Mavericks</a>	Won 2
<a href="#">76ers</a>	Lost 4	<a href="#">Grizzlies</a>	Lost 4
<a href="#">Heat</a>	Won 2	<a href="#">Rockets</a>	Lost 1
<a href="#">Wizards</a>	Lost 3	<a href="#">Nuggets</a>	Lost 1
<a href="#">Magic</a>	Won 2	<a href="#">Jazz</a>	Lost 2
Central	Streak	Pacific	Streak
<a href="#">Pacers</a>	Won 5	<a href="#">Kings</a>	Lost 2
<a href="#">Pistons</a>	Lost 1	<a href="#">Lakers</a>	Won 2
<a href="#">Hornets</a>	Won 1	<a href="#">SuperSonics</a>	Won 1
<a href="#">Bucks</a>	Lost 3	<a href="#">Trail Blazers</a>	Lost 4
<a href="#">Raptors</a>	Won 2	<a href="#">Warriors</a>	Won 1
<a href="#">Cavaliers</a>	Won 3	<a href="#">Clippers</a>	Lost 1
<a href="#">Hawks</a>	Lost 1	<a href="#">Suns</a>	Won 1
<a href="#">Bulls</a>	Lost 2		

## NHL Conference Standings

Eastern Conference		Western Conference	
Atlantic	Last 10	Central	Last 10
<a href="#">Flyers</a>	4-4-2-0	<a href="#">Red Wings</a>	6-3-1-0
<a href="#">Devils</a>	6-3-1-0	<a href="#">Blues</a>	6-3-1-0
<a href="#">Islanders</a>	6-3-1-0	<a href="#">Predators</a>	5-3-1-1
<a href="#">Rangers</a>	2-6-0-2	<a href="#">Blue Jackets</a>	5-5-0-0
<a href="#">Penguins</a>	6-3-1-0	<a href="#">Blackhawks</a>	1-5-2-2
Northeast	Last 10	Northwest	Last 10
<a href="#">Maple Leafs</a>	7-2-1-0	<a href="#">Avalanche</a>	2-5-1-2
<a href="#">Senators</a>	5-3-1-1	<a href="#">Canucks</a>	6-2-1-1
<a href="#">Bruins</a>	6-3-1-0	<a href="#">Flames</a>	6-4-0-0
<a href="#">Canadiens</a>	4-4-1-1	<a href="#">Wild</a>	6-3-0-1
<a href="#">Sabres</a>	6-3-1-0	<a href="#">Oilers</a>	7-2-0-1
Southeast	Last 10	Pacific	Last 10
<a href="#">Lightning</a>	5-4-0-1	<a href="#">Sharks</a>	8-2-0-0
<a href="#">Panthers</a>	2-6-1-1	<a href="#">Stars</a>	5-2-1-2
<a href="#">Thrashers</a>	5-3-1-1	<a href="#">Kings</a>	0-8-0-2
<a href="#">Hurricanes</a>	4-4-1-1	<a href="#">Coyotes</a>	2-5-2-1
<a href="#">Capitals</a>	2-5-2-1	<a href="#">Mighty Ducks</a>	4-5-1-0

## NBA Scoreboard

Magic (21-61)	95	Nuggets (43-39)	67
76ers (33-49)	89	Spurs (57-25)	93
Hawks (28-54)	132	Mavericks (51-30)	92
Celtics (36-46)	137	Rockets (45-36)	89
Cavaliers (35-47)	100	Suns (29-53)	89
Knicks (39-43)	90	Jazz (42-40)	84
Bucks (41-41)	87	Lakers (55-26)	105
Raptors (33-49)	89	Trail Blazers	104
Hornets (41-41)	94	Clippers (28-53)	87
Wizards (25-57)	78	Supersonics	118
Nets (47-35)	84	Kings (55-26)	91
Heat (42-40)	96	Warriors (36-45)	97
Timberwolves (58-24)	107	Mavericks (51-30)	110
Grizzlies (50-32)	90	Grizzlies (50-31)	103
Bulls (23-59)	96	Warriors (36-45)	104
Pacers (61-21)	101	Lakers (55-26)	109

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## NHL Playoff Scoreboard

Sharks	3	Devils	3
Blues	1	Flyers	0
Canadiens	5	Maple Leafs	1
Bruins	1	Senators	4
Predators	1	Red Wings	0
Red Wings	4	Predators	3
Flames	2	Flames	4
Canucks	1	Canucks	0
Stars	2	Bruins	4
Avalanche	3	Canadiens	3
Lightning	3	Sharks	4
Islanders	0	Blues	3

**Notes:** The Bruins fell 5-1 to the Canadiens in Game 5 on Thursday, blowing a chance to close out the series. Connecticut called a news conference for Friday amid speculation junior Emeka Okafor is set to enter the NBA Draft.

# PHOTOS

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## Pvt. Murphy Law



Photo by Sgt. Ann Venturato

**Brig. Gen. Oscar Hilman, 81st BCT commander; Greg Byers, KBR project manager; Spc. Dustin Ruyle, 233rd MP Co. and Col. Darrell Roll, 13th COSCOM deputy commander cut the ribbon to commemorate the new DEFAC 1, April 17.**



Photo by Spc. James Truitt

**Spc. Desiree Myers, 67th Sig. Bn., and Spc. Rick Vroman, 302nd TC, posing in traditional middle eastern clothing in Camp As Sayliyah, Qatar, on April 11.**



Photo by Maj. Stephen Richey

**81st BCT passing under a bridge with cows crossing, on their convoy from Kuwait to LSA Anaconda.**